Test Your Suicide Knowledge

Navy

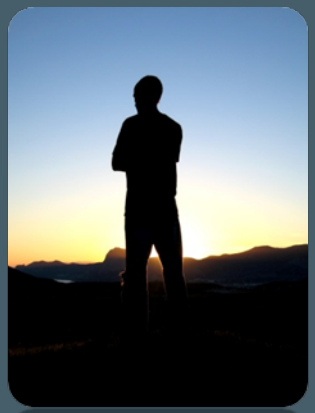
Name and/or Command Name here

True or False

- Adults often commit suicide out of the blue and without any warning.

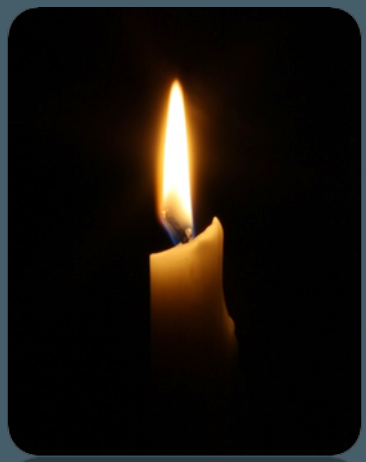
FALSE!

- Most individuals (75-80%) have given definite clues and warning signs of their suicidal intentions.
- Often we may overlook or not take seriously someone’s talks of suicide!



True or False

- Suicides occur in the greatest numbers around the holidays.

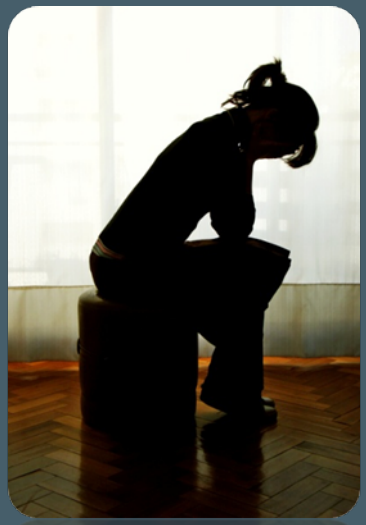


FALSE!

- The myth that most suicides occur around the holidays continues…
- Suicide is a 365 day problem that can and does occur anytime.
- There is no data to support the holiday suicide season.

True or False

- Talking about suicide with someone plants the seed for suicide.



FALSE!

- Bringing up the issue of self harm and discussing suicide *does not* introduce the idea to an individual!
- Actually talking about suicide can be *helpful* and may save a life!
- Often others have thought about suicide and may wish to talk with you and others about their pain and difficulties.

Who is at risk for suicide?

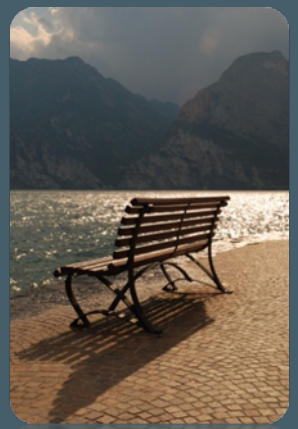
A. Senior Enlisted
B. Junior Enlisted
C. Officers
D. Civilians
E. All of the above

Answer: D. All of the above

- No one is immune from suicide!
- Suicide strikes all ranks and all ages!
- Suicide occurs among the rich and the poor, makes and females, military and civilians…

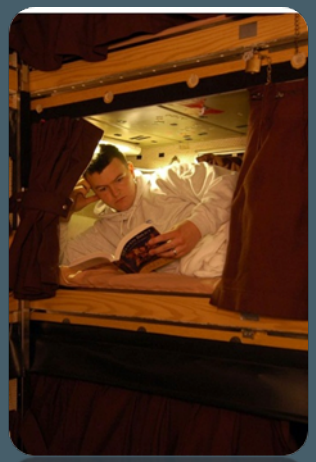
Select the *Correct* Response

A. Suicide is expected in cases of hardship.
B. Suicide is influenced by the weather.
C. Sometimes a minor event may push a person into suicidal behavior.
D. None of the above



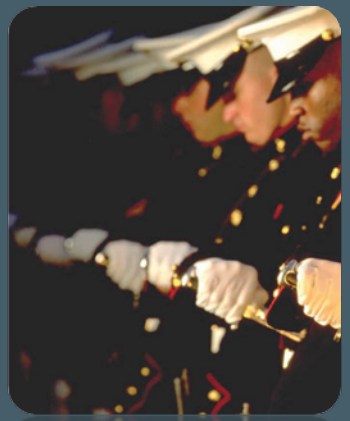
Answer: C.

- A special event/situation that has personal meaning may result in a loss of status, prestige, or perceived face. The individual may believe that they have no other available options.
- Suicides are *not influenced* by the weather!
- Suicide is *not* a viable solution for anybody with hardships, difficulties or problems…



Where can they get help?

A. Home
B. Medical
C. Chaplain
D. Both B and C



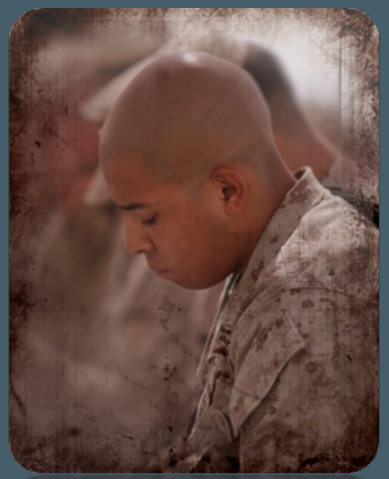
Answer: D

- Someone who is thinking about suicide needs *immediate* assistance and intervention!
- Your job is to go with them to see the Chaplain and/or to the Medical Clinic to get help!
- Taking the appropriate action to prevent suicide and to save lives is what shipmates do

Navy Suicide Prevention

What does the Navy Suicide Prevention Program recommend to help someone who is suicidal?

A. Rescue
B. QPR
C. ACT
D. None of the above



Answer: C

A - Ask

C - Care

T - Treat

High Risk Factors for Suicide are

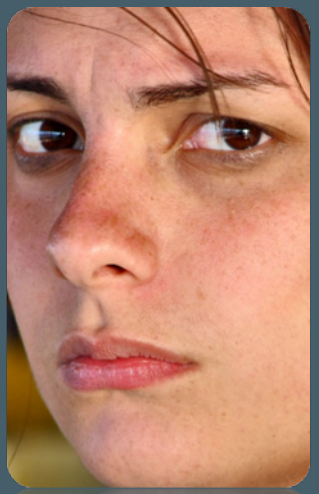
A. Talk about suicide
B. Depression
C. Previous suicide attempts
D. Substance abuse
E. All of the above

Answer: E

- Mental health problems are key risk factors as they make people more vulnerable for possible suicide!
- Psychological problems affect one's thinking, judgment, moods and behavior.

Suicide High Risk Factors

- Persons who have made previous suicide attempts or who are talking about suicide are at risk!
- Individuals with a history or current problem with depression and substance abuse are also at risk for suicide.



For Further Information

- AAS www.suicideology.org
- AFSP www.afsp.org
- NMCPHC www.nmcphc.med.navy.mil/healthy_living/Psychological_Health/Suicide_Prevention/

- NIMH www.nimh.nih.gov/research/suicide.htm
- Navy Suicide Program www.persnet.navy.lmil/pers601